



# Roasted Tenderstem® Broccoli and Baby Plum Tomato Risotto with Italian Style Cheese and Balsamic Drizzle

19

Classic 40-45 Minutes • 2 of your 5 a day



Vegetable Stock Paste



Echalion Shallot



Garlic Clove



Tenderstem® Broccoli



Risotto Rice



Baby Plum Tomatoes



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Balsamic Glaze



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Butter

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, garlic press and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste <b>10)</b>	15g	20g	30g
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	190g	250g
Sun-Dried Tomato Paste	50g	75g	100g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g
Balsamic Glaze <b>14)</b>	12ml	24ml	24ml
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Risotto*	750ml	1125ml	1500ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	710g	100g	840g	100g
Energy (kJ/kcal)	2505 /599	353 /84	3152 /753	375 /90
Fat (g)	18.4	2.6	20.8	2.5
Sat. Fat (g)	9.6	1.3	10.2	1.2
Carbohydrate (g)	86.7	12.2	86.9	10.3
Sugars (g)	11.7	1.7	11.9	1.4
Protein (g)	19.0	2.7	50.5	6.0
Salt (g)	2.87	0.40	3.07	0.37

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Make the Stock

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Boil a full kettle.

To make your **stock**, add the **boiled water for the risotto** (see pantry for amount) to a medium saucepan on high heat.

Stir in the **veg stock paste**. Bring to the boil, then reduce the heat to the lowest setting.



## Ladle and Stir

To make your **risotto**, stir a ladle of **stock** into the **rice**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time.

The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



## Prep the Veg

Meanwhile, halve, peel and chop the **shallot** into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Halve any thick **broccoli stems** lengthways.



## Roast the Veg

When the **risotto** has about 10 mins cooking time left, pop the **broccoli** and **baby plum tomatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the middle shelf of your oven until tender, 10-12 mins.

When the **risotto** is cooked, remove from the heat. Stir through the **sun-dried tomato paste**, **three quarters** of the **hard Italian style cheese** and **butter** (see pantry for amount) until combined. Taste and season with **salt** and **pepper** if needed.



## Start the Risotto

Heat a drizzle of **oil** in a large, wide-bottomed pan on medium heat. Once hot, add the **shallot** and cook until softened, 3-4 mins. Stir in the **garlic** and cook for 30 secs more.

Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

## CUSTOM RECIPE

If you're chosen to add **diced chicken** to your meal, add it to the pan with the **shallot**, then allow it to cook through with the **risotto**.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Finish and Serve

When everything's ready, share the **risotto** between your bowls.

Top with the **roasted broccoli** and **tomatoes**.

Drizzle over the **balsamic glaze** and sprinkle with the remaining **cheese** to finish.

## Enjoy!